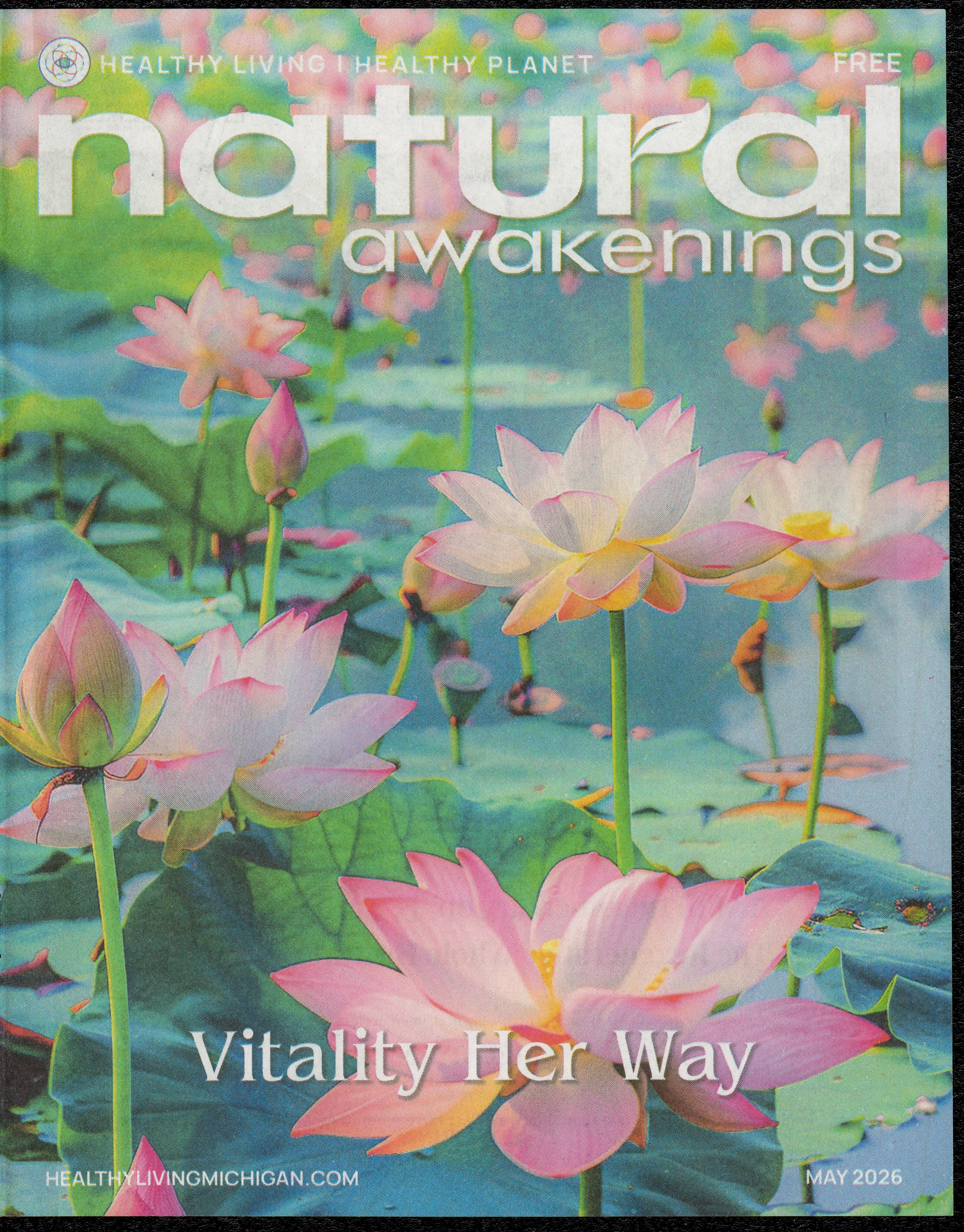
HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings



Vitality Her Way

HEALTHYLIVINGMICHIGAN.COM

MAY 2026

natural awakenings Proudly Announces — A Mini Documentary by EMPOWERED HOSTED BY MEG RYAN

Coming 2026 – On National and Local Public Television, and in your Local Community

A Movement. A Community. A New Model of Health.

A Mini Documentary on KnoWEwell

The **Regenerative Whole Health®** Movement

Real People.
Real Insights.
Real Practitioners.
Real Transformation.

hosted by critically acclaimed actress

MEG RYAN

Register and Join the Movement: knowewell.com/regenerative-whole-health-movement

SCAN HERE TO SCHEDULE INITIAL PHONE CONSULT

Ann Arbor's DENTIST

FAMILY · BIOLOGICAL · HOLISTIC

EXPERIENCE THE BIOLOGICAL DIFFERENCE!

WE NURTURE THE MOUTH AS A VITAL PART OF THE WHOLE BODY AND MIND, FOSTERING BALANCE, WELLNESS, AND OPEN CHANNELS OF VITALITY.

WHOLE BODY CARE:

How your oral health connects to overall wellness

- Biological Dentistry
- Oral Cancer Prevention
- Ph Testing
- Genetic Testing
- OralDNA Testing
- Nutrition Healing
- Toxin Elimination
- Individualized Oral Probiotics
- Gluten-Free Options

BIOLOGICAL METHODS:

Safer, biocompatible, minimally invasive dental alternatives

- Micro Plastic free
- BPA-Free
- Bis-GMA Free
- Metal-Free
- Safe Mercury Removal
- Biocompatible Materials
- Cavitation Treatment
- Root Canal Prevention
- Ozone / Ozone Therapies
- BioZirconia
- Mineral Release Fillings
- Fluoride-Free
- Biofilm Optimization
- Biomimetic Fillings
- Remineralization
- Bio Root Canal Removal

iabdm · IAOMT · HDA

PATIENT EXPERIENCE:

Comfort-focused technology & a personalized approach

- Minimally Invasive
- Laser Bacteria Removal / Laser Dentistry
- Oral Cancer Prevention
- Ph Testing
- Essential Oils + CBD
- Organic Options
- Radiation Detox plan for after xrays
- Customized PH balancing protocols
- Personalized Dr. and patient phone consultations
- Comfort Dogs - Como & Nova

606 W STADIUM BLVD. ANN ARBOR, MI
WWW.ANNARBORSDENTIST.COM

734-747-6400

natural awakenings

FRANCHISE OPPORTUNITY

Become the trusted voice and partner in your community while building a purpose-driven business—own a *Natural Awakenings*® magazine franchise and connect conscious consumers and values-aligned organizations through a powerful print, digital, and community platform that promotes healthier people, a healthier planet, and sustainable local prosperity.

MAKE AN IMPACT IN YOUR COMMUNITY

NEW MODEL. NEW LOWER COSTS. NEW OPPORTUNITIES.

corp.naturalawakenings.com 239.206.2000 SCAN ME

PERSONAL CARE and NATURAL LIVING

- Medicinal Herbs
- Essential Oils
- Tinctures
- Whole Body Care
- Organic
- Local
- Bulk
- Sustainable

PEOPLE'S FOOD CO·OP
NATURAL FOODS MARKET

$10 OFF YOUR NEXT PURCHASE OF $100 OR MORE
EXPIRES 5 / 31 / 26

200534610007

Coupon is for in store visit only & must be presented at purchase. Other restrictions: No other discounts, gift cards, pre-ordered cases, Co-op cash, beer or wine. One coupon per customer.

Every Body
Deserves a Little
M.E. Time.

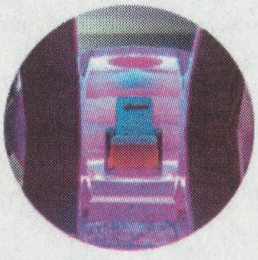
For the women who give so much—
give them time to restore.

MOTHER'S DAY
M.E. Time Package
Create her perfect experience.

CHOOSE 1 MASSAGE

OR

LYMPHATIC + THERAPEUTIC



OR

HARMONIC EGG + PULSE PEMF

INCLUDES RED LIGHT THERAPY

REGULARLY ~~$235~~
MAY SPECIAL **$160**
AVAILABLE THROUGH MAY 31
SAVE $75

GIFT CERTIFICATES AVAILABLE

MIRACULOUS ENERGIES
Functional Medicine & Wellness

BY APPOINTMENT ONLY
517-599-4949 | WILLIAMSTON, MI

The Heart of Nurturing

May arrives with a gentle reminder of life's most enduring force—nurturing love. As spring unfolds in vibrant color and renewed energy, we are invited to reflect on how care, compassion and guidance shape our lives—and the world around us. In this month's Women's Wellness issue, we celebrate vitality—her way—honoring the many paths women take to nurture their well-being, strength and sense of self.

Mother's Day holds a deeply personal meaning for me. As a mother of four, my journey has stretched and strengthened my heart in ways I never could have imagined. From nursing my children and embracing homeschooling—and later, a more intuitive unschooling path—I was given the invaluable gift of being a stay-at-home mom for those first 14 years.

Looking back, I feel incredibly blessed for the years I was able to be fully present at home—years that shaped not only my children's lives, but my own in the most meaningful ways.

My path has also included raising a daughter with special needs—now grown—and experiencing the profound loss of my youngest son. Each of these moments has deepened my understanding of what it means to nurture, to love unconditionally and to keep my heart open through it all.

I have come to believe that nurturing is love in action. It lives in everyday moments—the quiet sacrifices, the laughter, the lessons and even the challenges that help us grow. As we've shared before, "Nurturing ourselves and the people around us is a natural expression of our love."

This month, we encourage all who give so much to also take time to receive. When we care for our own well-being, we renew the very source from which we give.

As you explore this issue, may you find inspiration and encouragement for your own journey. Take a moment to honor the women who have shaped your life—and if you are one who nurtures others, know that what you do and how you show up matters deeply.

Happy Mother's Day.

With love and gratitude,

Trina & John

HEALTHY LIVING HEALTHY PLANET

natural awakenings

CONTACT US

734-757-7929
Publisher@HealthyLivingMichigan.com
HealthyLivingMichigan.com

Natural Awakenings
P.O. Box 2717,
Ann Arbor MI, 48106

GREATER ANN ARBOR EDITION

Publishers	John & Trina Voell III
Design & Production	John & Trina Voell III
Ad Design	Josh Halay
Editors	John & Trina Voell III
Proofreader	Randy Kambic
Calendar	Theresa Archer
Sales & Marketing	John & Trina Voell III
Distribution	Gordon Kutella JP Pausch John & Trina Voell III
Website Design	Locable
Website & Social Media	John & Trina Voell III

NATIONAL TEAM

CEO	Kimberly B. Whittle
COO	Michael Bevilacqua
CMO	Vee Banionis
Sr. VP Operations	Brian Stenzler, DC
National Editor	Sandra Yeyati
Editor	Brooke Goode
Copy Editor	Melanie Rankin
Print Production Specialist	Kevin Rankin
Design Director	Agnes Mazeikaite
Production	Flip180
Customer Service	Dani Bucad
National Contact	350 Main St, Ste 9B Bedminster, NJ 07921 239-206-2000

PRINTED WITH SOY INK

Natural Awakenings is printed on partially recycled and fully recyclable newsprint with black soy ink.

© 2026 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. *Natural Awakenings* is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.

Contents

11
Top 10 Reasons to Choose Povidone-Iodine for Everyday Wound Care

12
Enduring Connection

15
The Hidden Role of Candida in the Development of Cancer

16
Strong, Centered and Whole

19
Rediscovering Joyful Fun

20
Pelvic Power

22
More Than Soup

26
Travel as Wellness

12

8

24

26

Departments

8 News Briefs
10 Health Briefs
11 Product Spotlight
12 NA Exclusive
15 Product Spotlight
16 Feature Story
19 Inspiration
20 Healing Ways
22 Conscious Eating
26 Mindful Journeys
27 Calendar
30 Resource Guide

Own Your Own Franchise

Turn your passion into a business. Make a difference in your community. Become a *Natural Awakenings* franchise owner. Visit: *Corp.NaturalAwakenings.com.*

Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

Ann Arbor Plant Sale Highlights Local Farms and Makers

A spring plant sale and makers market, in Ann Arbor, will bring together local growers, artists and community members for a morning centered on gardening, sustainability and connection. Hosted by Green Things Farm Collective, the event highlights locally grown plants and handmade goods in an inviting outdoor setting.

Scheduled from 9 a.m. to 1 p.m., May 9, the event features a curated selection of garden seedlings, plants and supplies alongside artisan products from regional makers. Participating vendors include local farms and creatives, offering everything from plant starts to handmade goods for home and garden.

Visitors can shop seedlings at the farm stand, open daily from 8 a.m. to 8 p.m., or attend the annual Plant Sale and Makers Market during the scheduled event hours.

The event takes place as the farm stand opens for the 2026 season, offering self-serve shopping daily with staffed hours on Thursdays and Fridays from 9 a.m. to 4 p.m. Shoppers can find a wide range of hyperlocal products, including organic vegetables and flowers, fresh bread, eggs, dairy, pantry items and garden supplies.

Green Things Farm Collective operates with a focus on certified organic practices, regenerative farming and sustainability, prioritizing soil health, minimal tillage and reduced environmental impact.

As interest in home gardening and locally sourced goods continues to grow, the event offers both practical resources and an opportunity to connect with the people behind the region's food and creative economy.

Location: 3825 Nixon Rd., Ann Arbor. For more information, call 734-772-1418 or visit GreenThingsFarm.com.

Make Your Own Bon Bons in Ann Arbor

A hands-on chocolate experience, in Ann Arbor, offers participants the opportunity to craft artisan bon bons while exploring one of the world's most prized cacao varieties, providing a meaningful way to celebrate Mother's Day. The Make Your Own Bon Bons Experience at Mindo Chocolate Makers invites guests to engage in the bean-to-bar process in an interactive, creative environment.

During the event, participants are introduced to heirloom Ecuadorian Nacional cacao, known for its complexity and rarity. Attendees learn how these beans are transformed into rich, artisan chocolate before creating their own seasonal bon bons using personalized fillings and molds.

Second-generation Ecuadorian sisters Emily Meza-Wilson and Alicia Meza, owners of the company, have earned 11 awards for the quality of their chocolate bars. They source cacao directly from Ecuador, partnering with small-scale farmers and overseeing the process from bean to bar. Their chocolate is handcrafted in Dexter and sold at their Ann Arbor storefront.

Designed for small groups, sessions accommodate up to 16 participants and are open to all ages, with a suggested minimum age of 10. The experience is well-suited for families, friends and small groups seeking a unique and engaging activity. Each ticket includes a full session and the opportunity to take home custom-made chocolate creations.

Sessions are held weekly on Saturdays at the Ann Arbor retail location, with small group availability by appointment.

Participants leave with a deeper understanding of artisan chocolate and a box of their own handcrafted bon bons.

Location: 206 N. 4th Ave., Ann Arbor. For more information or to make an appointment, call 734-660-5636 or visit MindoChocolate.com.

Coworking With Childcare Supports Parents in Ann Arbor

A community-driven initiative, in Ann Arbor, is helping parents balance work, family and personal growth through an innovative model that combines coworking, childcare and connection. Little Break Cowork, a program of The Mamas Network, offers a dedicated space where parents can focus on their goals while their children play and learn nearby.

Designed to remove one of the most persistent barriers facing modern families, the program provides onsite childcare alongside a welcoming coworking environment. This approach allows parents to access uninterrupted work time without sacrificing proximity to their children, creating a more sustainable daily rhythm.

The program operates within the broader mission of The Mamas Network, a nonprofit organization focused on building a supportive community for mothers at every stage of their journey. Recognizing that many parents live far from extended family and traditional support systems, the organization creates a "third place" where connection and belonging can grow outside of home and work.

In addition to weekday coworking hours, the network offers gatherings, playgroups and family-centered events designed to foster relationships and reduce isolation. By prioritizing accessibility and inclusivity, the initiative supports parents navigating the complexities of modern life.

Through its integrated model, Little Break Cowork continues to strengthen community ties while giving parents the time, space and support they need to thrive.

Location: 3909 Research Park Dr., Ste. 300, Ann Arbor. For more information, call 734-304-0206 or visit TheMamasNetwork.org.

Washtenaw County Women Redefine Friendship

A local chapter of the Girl Gang of America is helping women across Washtenaw County build meaningful, real-life friendships through community-driven events and shared experiences. As part of a growing organization with roots across Michigan and beyond, the chapter reflects a rising demand for authentic social connection among adult women.

The organization began in 2018 when a small group recognized the difficulty many women face in forming friendships later in life. Since then, it has expanded into multiple regions, offering structured yet flexible opportunities for connection through member-led gatherings.

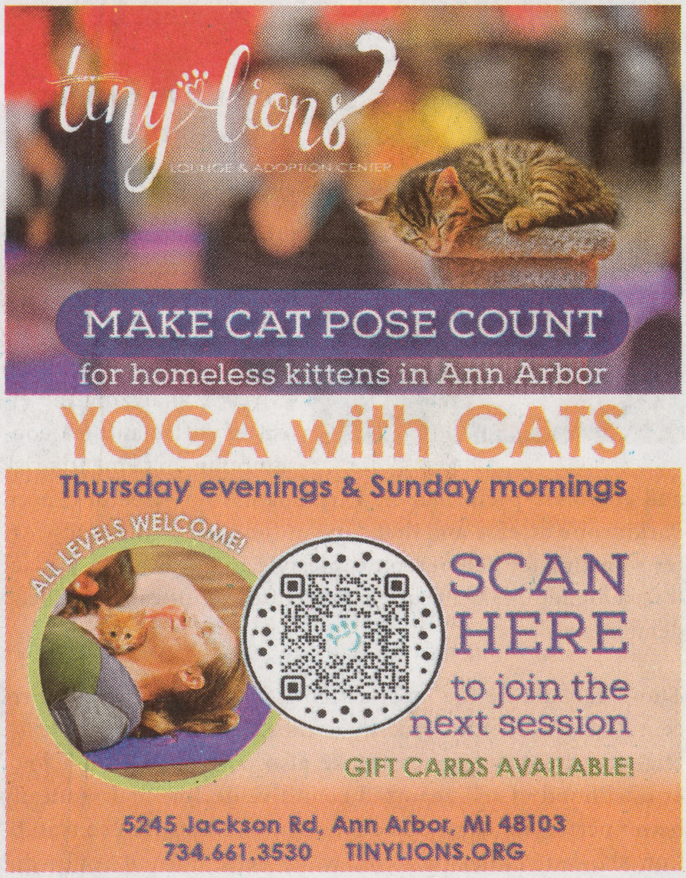
In Washtenaw County, women come together through a variety of events, including casual coffee meetups, dinners and group outings. These gatherings create a low-pressure environment where friendships can develop naturally. Members often participate in events hosted by nearby chapters, strengthening connections across communities.

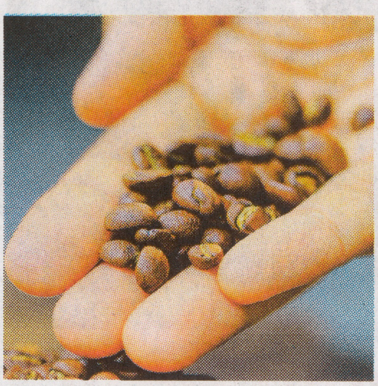
Local administrators lead the chapter with a focus on inclusivity, safety and consistency, aligning with the organization's broader mission. Their efforts help ensure a welcoming space where women from all walks of life can connect and build lasting, platonic relationships.

The chapter continues to grow through word of mouth and community interest, with new members joining regularly to find connection in an increasingly digital world.

As participation continues to expand, the Washtenaw County chapter remains committed to fostering genuine community and creating opportunities for lasting friendships throughout the region.

For more information, visit GirlGangOfAmerica.com/mi-washtenaw-county.



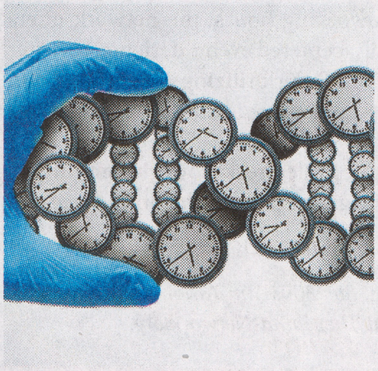


Cognitive Benefits of Caffeine

A study published in JAMA reports that caffeine protects against dementia and other forms of cognitive decline. The research followed nearly 132,000 American adults for up to 43 years, analyzing the effect of coffee and tea consumption on dementia risk and cognitive performance. Participants were free of cancer, Parkinson's disease and dementia at the start of the study. After adjusting for demographic, lifestyle and health-related factors, a higher intake of caffeinated coffee significantly reduced dementia risk.

Those consuming the most caffeinated coffee had an 18 percent lower dementia risk than those consuming the least. Higher caffeinated coffee intake also correlated with a lower likelihood of self-reported cognitive decline and modestly better performance on objective cognitive tests. Tea consumption showed similar patterns, while decaffeinated coffee did not reduce dementia risk or improve cognitive outcomes. The strongest effects were seen with moderate intake, about two to three cups of caffeinated coffee or one to two cups of tea daily.

Participants were drawn from the Nurses' Health Study (started in 1976) and the Health Professionals Follow-up Study (started in 1986), two of the largest, long-running U.S. studies investigating risk factors for chronic disease. Researchers suggest caffeine may help preserve brain function by blocking adenosine receptors and reducing inflammation, though they caution that the findings show association, not proof of cause and effect, and should be interpreted within overall lifestyle habits.

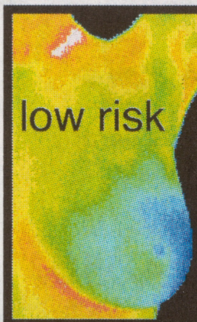


Promise and Pitfalls of Biological-Age Tests

A December 2025 study in *eBioMedicine* reports that better cardiovascular health—characterized by a low body mass index, no smoking and healthy blood pressure—slows biological aging in mid-to-late life. This suggests that biological aging is not solely determined by genetics and can be altered by addressing cardiovascular risk factors like smoking, diet, exercise and blood pressure in middle-aged and older adults.

Although promising, this research has been met with caution due to disagreement about the reliability and usefulness of commercial biological-age tests. These tests analyze patterns of DNA methylation, a natural process that regulates gene activity. Scientists use algorithms to compare a person's methylation profile with large datasets, estimating if their body appears biologically older or younger than expected.

A February 2026 editorial in *eBioMedicine* ("Epigenetic clocks: advancing biological age measures towards meaningful clinical use") highlights the limitations of biological-age testing. Most tests use blood or saliva samples, which may not accurately reflect aging in other organs and tissues. Different tests often produce varying results because they use different populations and algorithms. Biological-aging patterns can also differ by sex, lifestyle, environment and disease stage. The *eBioMedicine* editorial emphasizes that despite their potential to improve disease prevention and deepen our understanding of aging, biological-age tests need further development to address scientific and methodological gaps.

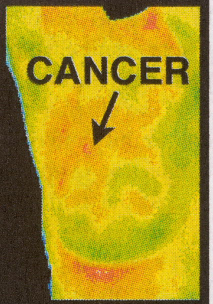


Protect your breasts: find problems early!

Cancers are hot: the cells are very active. With infrared pictures, doctors can find problems early, sometimes earlier than mammograms. Gently and safely.

No radiation. No compression.

Ann Arbor Thermography



210 Little Lake Drive, Suite 10
on the west side of Ann Arbor

Infrared breast cancer screening
A service of Dr. Sickels MD. drsickels.com

AAthermography.com
734-332-6290

Product Spotlight

Top 10 Reasons to Choose Povidone-Iodine for Everyday Wound Care

Minor cuts, scrapes and skin irritations are part of everyday life—but how they're treated can make a meaningful difference in healing. Doctor Radow's Healing Povidone-Iodine Ointment brings a clinically trusted solution from hospital settings into the home, offering a modern alternative to traditional antibiotic ointments.

1. **HOSPITAL-TRUSTED ANTISEPTIC**
   Used by medical professionals for pre- and post-surgical care.
2. **BROAD-SPECTRUM PROTECTION**
   Effective against bacteria, fungi, yeast and protozoans.
3. **NO ANTIBIOTICS**
   Supports healing without contributing to antibiotic resistance.
4. **FASTER RECOVERY**
   Designed to promote healing up to three times faster than standard ointments.
5. **GENTLE ON SKIN**
   Lower irritation and toxicity compared to traditional iodine solutions.
6. **HELPS REDUCE SCARRING**
   Supports clean healing without unnecessary tissue damage.
7. **EFFECTIVE AGAINST RESISTANT BACTERIA**
   Works against strains like MRSA where some alternatives fall short.
8. **MULTI-PURPOSE USE**
   Ideal for cuts, scrapes, minor wounds and skin cleansing.
9. **PREFERRED FOR SENSITIVE CASES**
   Well-tolerated for individuals prone to infections or skin reactions.
10. **NOW AVAILABLE FOR HOME USE**
    Previously limited to clinical settings, now accessible without a prescription.

Doctor Radow's Healing Povidone-Iodine Ointment offers a practical, research-backed approach to everyday wound care—bridging the gap between professional-grade treatment and at-home convenience. For more information or to order, see ad on this page.

THE CUT, SCRATCH, SCRAPE OINTMENT

Doctor Radow's 10% Povidone-Iodine Ointment

When it comes to cuts, scrapes, burns, or surgical wounds, you need a solution that's both effective and gentle.

Doctor Radow's Povidone-Iodine Ointment is the clear choice over triple antibiotic ointment (TAO):

FEATURE	TRIPLE ANTIBIOTIC OINTMENT (TAO)	DOCTOR RADOW'S OINTMENT
Anti-Fungal	✗	✓
Effective Against MRSA	✗	✓
Post-Surgery Application	✗	✓
Recommended for Diabetics	✗	✓
Long-Term Use (Sustainability)	✗	✓
Emergency Use (Hospitals)	✗	✓
Contains Antibiotics	YES	NO

MADE IN THE USA

Equip your first-aid kit with the trusted choice of hospitals.

ORDER NOW!

DoctorRadows.com

DOCTOR RADOW'S

DOCTOR RADOW'S HELP LINE
(386) 414-1809

Enduring Connection

A Transformative Approach to Grief Reveals How Bonds with Loved Ones May Continue After Loss

In the evolving field of grief therapy, where language often struggles to capture the depth of loss, a quieter shift is underway—one that challenges long-held assumptions about what it means to heal. At the center of that shift is Induced After-Death Communication (IADC) Therapy, and one of its leading voices, practitioner and trainer César Valdez.

The approach was developed by Dr. Allan Botkin, a clinical psychologist whose work in the 1990s began to reshape how unresolved grief could be addressed.

Dr. Botkin's passing in February came as "a little bit of a shock to our community," Valdez says, recalling a mentor whose steady presence and deep reverence for the work shaped those around him. "It's a beautiful opportunity to honor his legacy and to rededicate ourselves to our commitment to bringing his work forward into the world."

That sense of responsibility now takes form in the creation of the IADC International Institute, a more formal structure designed to support training, research and accessibility. For years, the work existed within a largely informal network—held together by shared understanding and trust. But as interest grows, so does the need for a more defined container.

Valdez recalls Botkin's long-standing hope with quiet clarity: "My deepest wish is that IADC Therapy does not die with me."

With the institute taking shape, Valdez says, "I feel really confident that his legacy will live on."

A Brief, Focused Approach to Grief

At first glance, IADC Therapy stands apart simply by how little time it requires. Most clients complete the work in two extended sessions—each lasting about 90 minutes. But the brevity is not a shortcut. It reflects a different understanding of how grief can be processed.

"It's a very unusual approach for grief," Valdez says, describing a method that focuses on "the efficient processing and metabolizing of sadness."

The therapy draws from Eye Movement Desensitization and Reprocessing (EMDR), a psychotherapy that uses guided eye movements or other forms of bilateral stimulation to help the brain process and integrate distressing experiences. In IADC Therapy, those same mechanisms are applied with precision, directing attention toward the emotional core of loss.

Clients begin by speaking about the person they have lost—not to recount facts, but to access the emotional imprint of that relationship. From there, the work moves quickly into deeper territory.

"We're asking clients to set aside any management strategies that they ordinarily implement to contain their sadness and instead to just feel the fullest expression of it," Valdez explains.

The experience can be intense. Yet within that intensity, something begins to shift. As the nervous system processes what has long been held, the emotional charge often softens—sometimes more quickly than clients expect.

When Grief Shifts into Connection

As that intensity begins to settle, something less predictable can emerge. Not as a goal, and not as a guarantee—but often enough to be recognized as part of the landscape of the work.

"In the majority of cases, many clients will experience a very vivid sense of connection with their deceased loved one," Valdez says.

The distinction is important. The therapy is designed to make that experience possible, while remaining grounded in the processing and transformation of grief. As the weight of sadness lifts, many describe a shift that feels less like letting go and more like rediscovering a sense of presence—an experience that emerges through the work rather than being forced or promised.

Valdez does not define that experience for his clients. "We really leave it up to the experiencer to determine what they make of the experience," he says.

Most understand it as spiritual. Others see it as a function of the brain. But across interpretations, the effect often converges in a similar place: a reduction in the feeling of separation, and the emergence of what Valdez describes as a "sense of loving connection."

An Unexpected Beginning

The origins of IADC Therapy are as understated as they are unusual. In the early 1990s, while working with veterans at a Veterans Affairs hospital in Chicago, Botkin began making small adjustments to standard EMDR protocol—seeking more effective ways to help clients process trauma.

What followed was not anticipated.

bep BEP Medical Group
Enhanced TMS & Whole-Person Wellness

Wellness for ALL
Personalized care for mind, body, & spirit.

Holistic, Evidence-Based Treatments
- Enhanced TMS (non-drug brain therapy)
- Functional & Integrative Medicine
- Near & Far Infrared Light Therapy
- Manual Lymphatic Drainage
- Empowered Relief® Classes
- Home tDCS Neuromodulation Options

Tailored Wellness Programs
You're more than a symptom – we design care for the *entire you.*

Marcie Bockbrader MD, PhD
3045 Baker Rd Suites K
Dexter, MI 48130
(734) 215-5643 | bepmedicalgroup.com

FACING A SERIOUS HEALTH CHALLENGE?
Don't settle for the status quo.

Start Your Wellness Journey Today with CANTRON
(AKA Sheridan Formula, Cancell, Entelev)
Trusted Since 1984
The Bioelectrical Wellness & Antioxidant Formula
Compatible with Ivermectin And Other Trending Supplements
www.cantron.com/cantron
MEDICAL RESEARCH PRODUCTS
(954) 641-0981

Clients began reporting vivid encounters with deceased individuals—experiences that seemed to bring immediate relief from long-standing grief. Within a short span of time, these moments repeated with striking consistency.

"He had about six clients that had this experience," Valdez says. "And he thought, 'What is going on here?'"

Botkin responded not with assumption, but with inquiry. He returned to his notes, identified the changes he had made and began applying them intentionally. The results continued. Over time, the approach took shape as induced after-death communication.

A Personal Turning Point

Valdez's own introduction to the work came not through theory, but through experience.

In 2008, during an early session in his practice, he was working with a client using EMDR. The focus was a long-standing conflict between the client and his deceased mother—an unresolved relationship that had begun to surface in his parenting.

As the session unfolded, something unexpected occurred. The client reported sensing his mother's presence. What followed deepened into what felt like communication, accompanied by a profound emotional shift—one marked by forgiveness, understanding and a sense of resolution.

"When the session ended, he left the office just sort of beaming, and I'd never seen anything like that before," Valdez recalls.

The experience stayed with him. Within weeks, he learned of IADC Therapy and enrolled in a training with Botkin. What began as curiosity became a defining direction.

Evolving the Understanding of Grief

As interest in IADC Therapy expands, Valdez is clear about what is changing—and what is not.

"The protocol itself has not evolved," he says. "We are still conducting and teaching IADC Therapy very much in accordance with Dr. Botkin's vision."

What has shifted is the structure surrounding it. The creation of the institute reflects a move toward standardization, ensuring consistency in training while supporting a growing body of research.

It also reflects a broader cultural change.

"Grief itself is no longer relegated to a quiet, secret conversation," Valdez notes.

Alongside that shift is a deeper evolution in how loss itself is understood. Where earlier models emphasized accepting permanent separation, the field increasingly recognizes the importance of ongoing connection.

"I've come to really appreciate just how important that is," he says. "To continue having a living relationship with their deceased loved ones."

Through repeated experience with clients, that understanding becomes something lived—less an idea than a reality many come to feel for themselves.

A More Profound Understanding of Healing

For those living with grief, the work points to something both simple and difficult: the willingness to feel what has been held at a distance. In that space, Valdez says, healing begins—not by erasing loss, but by transforming how it is carried.

Even without a vivid experience of connection, most people find a softening, a shift in the weight they have been holding. And for many, something more emerges—a sense, however they understand it, that the bond has not ended.

What remains, again and again, is the possibility of movement—away from the sharp edge of separation and toward something steadier, more integrated. In that movement, grief does not disappear. But it changes. And in that change, many begin to find not only relief, but a renewed sense of connection that endures.

Individuals seeking support can explore IADC Therapy, review emerging research and access a growing directory of trained practitioners, with a screening process available to help determine if the approach is a good fit. Therapists—whether trained in EMDR or not—can pursue specialized training in IADC Therapy, as the Institute works to expand access and compassionate support for those navigating grief at iadcinstitute.com.

The Hidden Role of Candida in the Development of Cancer

Why Candida Is So Hard to Eliminate—Yet Vital to Do So

As a woman It may seem that Candida is a low grade issue that needs to be dealt with once in a while. Or maybe it has affected your health for years and you have tried everything, but still can't get rid of it. So you try to keep it under control. Unfortunately, to live a long healthy life, this may not be enough.

Because candida reproduces with spores that are protected from drugs, herbs, and the immune system, it is a lifelong issue that has become an unrecognized epidemic. It is passed on in the womb from mother to baby. Every generation is becoming worse.

If your have Candida overgrowth, the single best thing you could do to help your children be healthy would be to eliminate in yourself and them with unique supplements that are able to kill both candida and its spores. Life long candida overgrowth sets the stage for the development of cancer, Alzheimer's and dementia.

Candida is a large pathogen that releases acetaldehyde, a toxin that disrupts cellular respiration and contributes to fatigue. Your immune system becomes worn out trying to fight Candida. Your detox system is not able to remove all the toxins it produces. This creates a toxic and acidic environment ripe for the development of cancer.

And because it gets into the brain, you have a much greater risk of Alzheimers. (In one study, autopsies were done on the brains of people who died with Alzheimer's and those who didn't. Every Alzheimer's brain had Candida, the normal brains had none.)

If you have cancer, the Fungus and Cancer page at *CancerFightingStrategies.com* covers Candida fighters that also kill Candida spores and Cancer. And of course you would learn about many other cancer fighters on that website.

If you don't have cancer, the best information on Candida and what to use to eliminate it is at Candida-Yeast-Infection-Relief.com. Candida won't go away on its own. As you age and your immune system weakens, it rears its head even more to disrupt your Golden Years. Don't let this happen to you or your children.

Location: Grand Rapids, MI. For more information, visit CancerFightingStrategies.com. See ad on this page. For product orders, go to GetHealthyAgain.com.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The products and information contained herein are not intended to diagnose, treat, cure or prevent any diseases or medical problems. It is not intended to replace your doctor's recommendations. The information is provided for educational purposes only. Nutritional benefits may vary from one person to another.

Dealing with
CANCER?
THERE IS HOPE!
Don't Fight Cancer with One Hand Tied Behind Your Back!

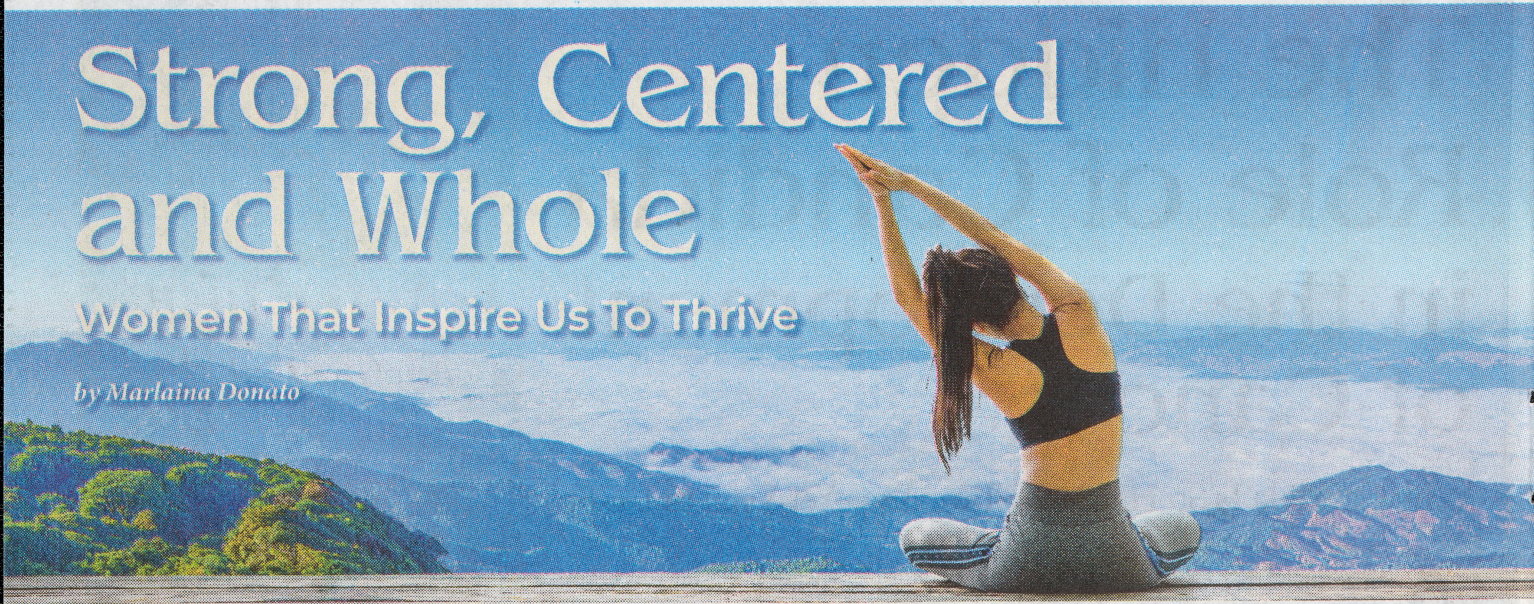
678.271.0277
Free Consultations
to discover what else can help you!

- Learn the best strategies at CancerFightingStrategies.com
- Helping others for 25 years to win the battle against cancer
- Support chemotherapy and enhance liver function

SCAN THE QR CODE
FOR MORE INFORMATION
CancerFightingStrategies.com

SCAN THE QR CODE
FOR ORDERS AND MORE

800.832.9755
GetHealthyAgain.com
Cancer, Candida, Autism
Autoimmune Conditions



Strong, Centered and Whole

Women That Inspire Us To Thrive

by Marlaina Donato

Something in the air seems to change when a woman with strong vitality enters a room. Her undefinable life force draws us in, whether it is evident in her step or her smile. Former First Lady Eleanor Roosevelt, poet Maya Angelou and anthropologist Jane Goodall are all iconic examples, but the capacity to thrive is inherent in each of us through small, consistent investments.

Globally, women are leading the way in consumer choices, eco-forward initiatives and sociopolitical awareness for a more sustainable and compassionate world. Whether on the frontlines fighting for worthy causes, supporting local farmers markets or putting healthy meals on the table, prioritizing self-care and learning from each other is vital. Here, four inspiring women from different walks of life divulge how they thrive in chaotic times.

Finding Her Authentic Self

Behati Hart served her country for a decade, switching between logistics, computer analysis and paralegal positions in the United States Air Force. As a woman of color in a male-dominated environment, she says she survived by crafting a persona to hide her then-undiagnosed attention-deficit/hyperactivity disorder and anxiety.

Today, Hart embodies what feels like a more authentic role as a multidisciplinary creator and coach. The author of *Just BE: A Memoir About Unmasking and Becoming Human Again* designed The BETi Method (Becoming Empowered Through Intelligence) to guide people out of trauma and identity-focused ways of living that compromise the soul's true calling.

"We allow the world to judge us, accept those judgments as fact and begin wearing masks, titles and labels that reflect others' expectations of how they want to experience us," she explains. "We become afraid to experience ourselves—the good, the bad and the ugly. Unmasking is embodying ourselves so that we feel safe with who we really are."

Noting that trauma and passion are the same energy moving in opposite directions, she says, "Trauma turns fierce aliveness inward into hypervigilance, protection or freeze responses. Passion turns that same energy outward into creation, connection and joy."

Numerous activities feed Hart's soul. "My forever medicines—laughter and dancing—require no prescription and provide cathartic emotional release through physical expression," she points out. "As an earth-oriented person, being outdoors nourishes my spirit the most. My sacred garden and porch are my grounding spaces where I practice earthing—direct skin contact with the Earth's surface—because I believe that electrons from the earth may help reduce inflammation."

Hart believes that we can learn from each other by sharing our experiences. "We don't always celebrate our stories, especially the stories of other women—ancient and contemporary—who survived and taught us how to become who we are," she says. "We need survivor stories, revolutionary stories and creator stories. To thrive, we must center the well-being of women and children, while embracing heart-led living—not feminine or masculine, but feminine and masculine, in sacred balance. That's the future I work toward."

Enjoying a Wild and Interesting Life

Maria Rodale seamlessly moves from the boardroom to the garden and from science to spirituality, carving out a distinctly unique life while preserving an impactful family legacy. She served as chief executive

officer of Rodale, Inc., the publishing company behind *Prevention* magazine and bestselling book titles, including *An Inconvenient Truth*, by Al Gore. As a passionate, third-generation advocate for health and Earth literacy, she has penned several books of her own, including *Organic Manifesto: How Organic Food Can Heal Our Planet, Feed the World, and Keep Us Safe* and *Love, Nature, Magic: Shamanic Journeys into the Heart of My Garden*.

"I have met enough rich and famous people to know that financial success or fame is no guarantee of happiness or thriving," she says. "I define success as a safe and warm home, a comfortable bed, good homemade food, happy and healthy kids, family and friends who love me, loving myself, the freedom to create and, of course, good health."

Rodale prioritizes eating in-season, organic, local food, in moderation. "I also think we create the future by what we ingest—culturally and physically. Just like I avoid fast food and highly processed foods, I avoid horror movies and true crime stories," she explains.

Her self-care habits include saying a prayer and 30 minutes of meditation in the morning, before doing anything else, lifting weights twice a week, going for walks and adding to her gratitude list before bed. "The direct relationship we each have with our true, 'higher' selves and with God is unique for every person and part of our life journey to figure it out," she says. "I listen to my own inner voice, trust my gut, not getting distracted by rage bait, not dwelling too much on the horrors that I can't fix or control, and focusing on the things I can do."

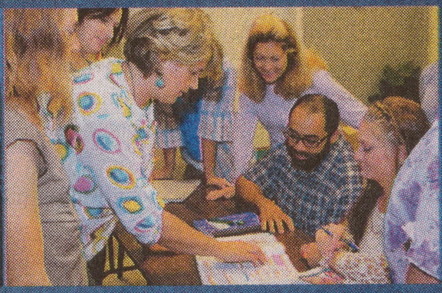
These are mantras she lives by and offers to others: "Stop worrying about what other people think. Treasure your weirdness. Get over your fears and get out there. Do what you, and only you, were born to do."

Modeling a Wholesome Lifestyle

Dr. Rebecca Hunton has always wanted to make a difference, and after dedicating two decades to functional medicine, her tireless efforts shine at Radiantly Healthy, her direct-care practice in central Florida, where patients benefit from unhurried appointments, advanced diagnostics and a collaborative partnership with their healthcare team. By listening closely to her patients—mostly women—she has been able to create a responsive, personalized standard of care that conventional institutions are slow to follow.

"Our culture—especially our workplace culture—is not designed for health or wholeness," she remarks. "We're beating ourselves up for failing to achieve something that's genuinely impossible. Many

BELONG. EXPLORE. BECOME.



LET US START YOU ON
THE PATH YOU HAVE **ALWAYS WANTED!**

NITE
NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

PROVIDING ACCREDITED NATURAL HEALTH PROGRAMS FOR 30 YEARS

NATUROPATHICINSTITUTE.ORG

(989) 773-1714 | Mount Pleasant
Contact@NaturopathicInstitute.org

Licensed and Accredited

Our naturopathic classes offer our students the opportunity to obtain valuable knowledge that will improve their lives in a meaningful way. Not only do we teach natural health techniques and practices, we help people take control of their lives through natural, healthy living. The Naturopathic Institute isn't just a school, it's a community dedicated to naturopathic study and to each other.

Naturopathy .... (each year 600 hours)
Natural Health Educator .... 1st Year
Natural Health Therapist .... 2nd Year
Natural Health Practitioner .... 3rd Year
Certified Naturopath .... 4th Year
4th Year Graduates are eligible for Doctor of Naturopathy National Test and Title

Massage Therapy
Therapeutic Bodywork Practitioner..... 1 Year
Meets the State Requirement of 625 Hours to take MBLEx

All Classes Meet on Weekends
Friday: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths .... 1 per month
Massage .... 2 per month

New Beginnings!
Emphasis Certification courses beginning January 2026. Call today to get your information packet.

of my female patients are burned out and demoralized—not because they're failing, but because the target was never reachable. Step one is that awareness. Step two is adding one small, achievable action, and then another. That's where momentum starts."

In her integrative practice, one concept emerges with great regularity: there is no health without good mental health. "You can't separate emotional health from physical vitality. I make it a non-negotiable priority, which is part of my 'just-10-minutes' philosophy. When time is tight, I commit to planking, the indoor bike or functional fitness, even if it's just for 10 minutes. I maintain an affirmation and gratitude practice, and get outside on most days for some form of physical activity, often cycling."

Because she believes that food is medicine, and one of the chief contributors to well-being, Hunton practices what she preaches to her patients. "I love to cook," she explains. "I'm plant-forward, but not vegetarian, and legumes and beans find their way into nearly every dish I make."

The healing power of community is also top of mind. "I'm thriving when I'm living in close alignment with the personal vision for my life, and that includes physical activity with friends, playing duplicate bridge to keep my mind sharp, as well as teaching and leading others for growth and fulfillment," she says. "I try to be that person now for the younger women in my life—reaching back rather than just reaching forward."

Teaching and Learning

Sarita-Linda Rocco's journey into wholeness was forged from a crucible of deep grief, motherhood and a life-altering near-death experience during her mid-20s. These rollercoaster life events left her with debilitating panic attacks, and her search for stability led her to Ayurveda and yoga. Today, Rocco is a renowned teacher and founder of The Nest Collaborative, a holistic haven in West Reading, Pennsylvania.

She is also an innovator and entrepreneur, continually searching for ways to help her students thrive in their body-mind fitness journey. One invention, The Original Superblock, is a specialized prop used to support students during yoga practice.

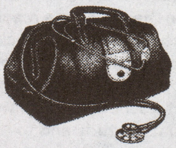
Rocco's way of life is straightforward but powerful. She prioritizes foods that keep her blood sugar balanced, minimizing simple carbohydrates and focusing on clean proteins, healthy fats and seasonal vegetables. "I love cooking and find great joy in building meals around our weekly CSA [community supported agriculture] from a local organic farm," she says. "Ayurveda spices and herbs are central in my kitchen, and hydration is foundational."

According to Rocco, "Self-healing begins with setting boundaries with people and situations that deplete energy. I hope women remember their divine feminine power, *shakti*, from which their creative intelligence and life-generating energy flows. It does not compete. It creates. When women fragment that power through comparison and social pressure, something sacred is lost."

Even now, hers is a journey of self-discovery and transformation. "Thriving is not perfection. It is honoring my energy moment to moment, knowing when to work with strength and when to rest without guilt," she explains. "Conscious breathing stabilizes my nervous system more reliably than anything else. I practice regulating my nervous system and building resilience, not using yoga as a workout. I incorporate strength training with bands and weights to support bone health. I walk my dog twice daily most days. One of my most important rituals is fasting after dinner and going to bed by 9 p.m."

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

Holistic Care



- Mood Support
- Cancer Support
- Family Medicine
- Holistic Medicine
- Innovative Medicine
- Bioidentical Hormones

Marisa Spradlin RD
Gaia Kile FNP
Danielle Douglas FNP
Malcolm Sickels MD

210 Little Lake Dr., Suite 10
Ann Arbor (west side)
www.drsickels.com
734.332.9936

- Easy access from M-14, I-94 & Jackson Road
- Check drsickels.com for directions & insurance info.

Rediscovering Joyful Fun

by Marlaina Donato

From crocodiles to kangaroos, animals in the wild and in captivity exhibit playful sides. Ravens have been known to slide down snowy rooftops, and elephants at a waterhole enjoy splashing their siblings just for the heck of it. Scientists deduce that all intelligent, social species invent games that take the edge off the struggles of survival.

Humans are no different, but we tend to quell this predisposition after adolescence. Playing tag, riding bikes or running outdoors are childhood pastimes that boosted our developing brains through the release of feel-good endorphins. As adults, we too often chase the dopamine response with shopping, social media, high-risk activities, or food and alcohol consumption.

In the daily blur of work, obligations and challenges, we tend to forget to set aside the seriousness of life and just play. Feeling self-conscious and fearing judgment from others can be our greatest obstacle to feeling free, but fun might be the medicine we need. Chronic stress or trauma reduces our capacity to feel joy. The less we play, the more our nervous-system response remains compromised, keeping us stuck in fight-or-flight mode.

Rolling around the grass with a beloved pet, camping with the grandkids in the living room on a rainy day, bouncing a ball and playing a fun board game are all wonderful ways to call back the joyful spirit we might have lost. Being goofy and maintaining fun in a romantic partnership can strengthen bonds and help anchor a couple during hard times.

Lightening up in a world that feels angry 24/7 doesn't mean we aren't passionate about what matters. Cranking up music while making dinner, racing a lover back to the house, making up a silly scenario or daydreaming for a few minutes on a lunch break can't change the world, but it can jumpstart our joy.

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

DAY OF ANALYTICAL MEDITATION
with DEMO RINPOCHE
Saturday, June 13, 10:00am - 5:00pm

Learn what meditation means in daily practice.
If you are new to meditation, this is where it starts.
The day will also include yoga, music and prayers.
Come enjoy the day. Feel free to bring your lunch.

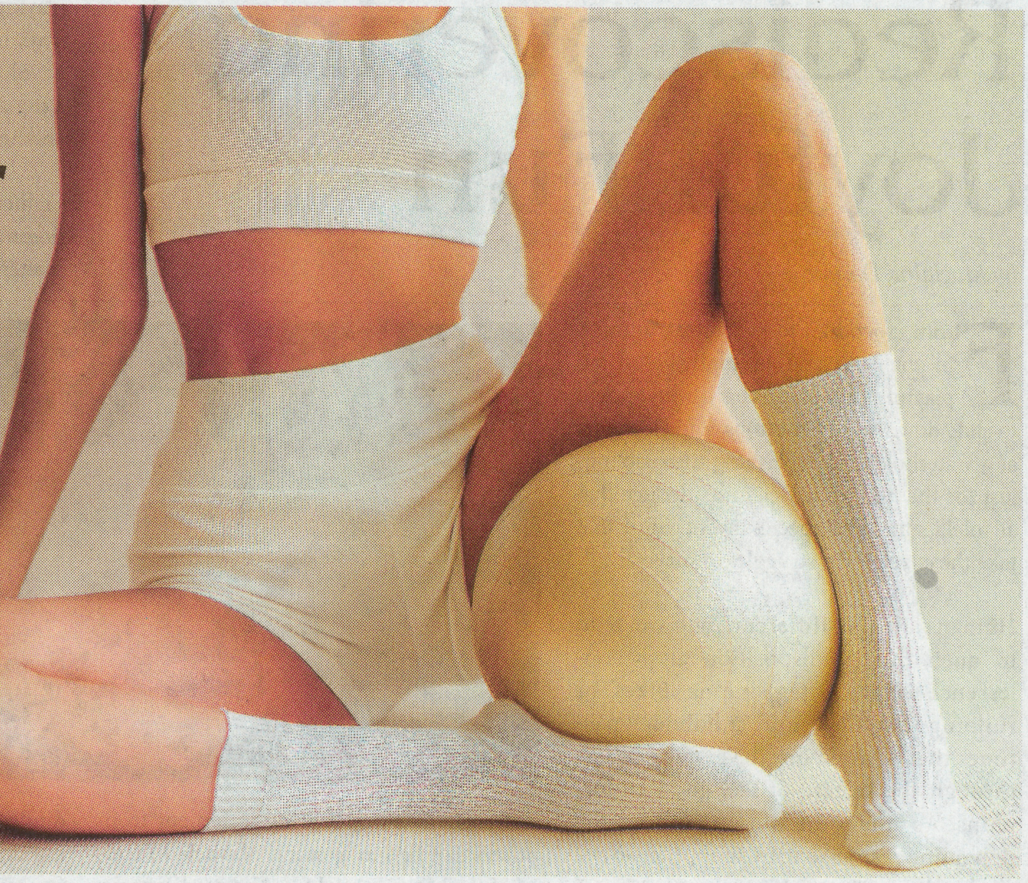
Free. Join when you can.
All welcome. Come as you are.

JEWEL HEART
TIBETAN BUDDHIST LEARNING CENTER
jewelheart.org ~ 1129 Oak Valley Dr, Ann Arbor, MI 48108 ~ 734.994.3387

Pelvic Power

Restoring Strength, Function and Confidence

by Hannah Tytus



The pelvic floor holds the key to vitality, confidence and even pleasure. According to Dr. Anna Cabeca, a holistic gynecologist and bestselling author of *The Hormone Fix*, "Pelvic floor health is essential for overall health. The pelvic floor is a sling of muscles supporting our critical organs, from the uterus to the bladder to the rectum. Everything is held within this bowl of muscles and connective tissue."

Pelvic floor disorders are prevalent. A 2022 study in *Scientific Reports* examined more than 25,000 medical records and found that one in three people had a pelvic floor disorder. These included urinary incontinence, pelvic organ prolapse (displacement) and bowel dysfunction, with incontinence and prolapse being the most frequent. Such conditions can significantly alter daily life. A 2021 survey of 4,556 women with pelvic floor symptoms showed that 46 percent stopped exercising due to pain or leakage, potentially leading to numerous other issues over time.

Dynamic Exercises for Foundational Integrity

Kim Vopni, a pelvic floor fitness educator and author of *Your Pelvic Floor*, has dedicated more than two decades to raising awareness about pelvic floor health through her global online community, The Buff Muff Method. Vopni states that the pelvic floor is not just a single muscle but a complex network of muscles in three layers. The first layer mainly affects the sexual response, the second helps with continence and the openings of the urethra, vagina and anus, and the third, deepest layer primarily supports the organs. "Like the biceps or hamstrings, the pelvic floor can be stretched and strengthened and conditioned," Vopni points out.

The pelvic floor works in synergy with the diaphragm to create a natural sump pump action that moves fluids, massages organs and supports lymphatic circulation. "The pelvic floor has to work when we are upright—moving, lifting, coughing, sneezing, pushing and jumping. When we inhale, the diaphragm contracts and widens, and ideally the belly expands and the pelvic floor lengthens," Vopni explains. "With the exhale, the pelvic floor contracts and lifts as the diaphragm recoils upward. We harness this relationship when we want to prevent or overcome pelvic floor symptoms."

This explains why the clench-and-release movements known as Kegel exercises, to strengthen pelvic floor muscles, are best done with coordinated breathing. According to Vopni, a proper Kegel includes a squeeze and lift on the exhale and a full, blooming release on the inhale. Aim for three sets of 10 repetitions per day, holding each contraction for about 10 seconds.

"People often think the only thing to do for pelvic floor optimization is Kegels, and that tight means strong. The goal is to move beyond isolated squeezes and train the pelvic floor dynamically within whole-body movement, where the breath and pelvic floor coordination are incorporated into exercises such as bridges, squats and lunges," says Vopni, who recommends consulting a pelvic floor physical therapist for individualized assessment and guidance, particularly after pregnancy or childbirth.

People often think the only thing to do for pelvic floor optimization is Kegels, and that tight means strong. The goal is to move beyond isolated squeezes and train the pelvic floor dynamically within whole-body movement

Vopni highlights key habits that support pelvic floor function, such as staying well hydrated, preventing constipation and engaging in pelvic release work to relax chronically tight muscles. Posture is crucial; high-heeled shoes can misalign the pelvis and shorten the calves and hamstrings, leading to involuntary clenching of the glutes and pelvic floor muscles, which impairs optimal function. Vopni recommends wearing "zero drop" shoes whenever possible, where the heel and toe are at the same distance from the ground, mimicking a natural barefoot position.

The Vaginal Microbiome

"The vagina has its own microbiome, and many people don't realize that," says Cabeca. "When the vaginal microbiome becomes unhealthy, we start to see problems with fertility, sexual function, dryness and infections." Unlike the gut, which benefits from bacterial diversity, the vaginal microbiome thrives with fewer dominant species. A healthy vaginal microbiome is typically dominated by *Lactobacillus* species. Cabeca recommends a microbiome-supportive, "keto-green" diet rich in bitter greens, cruciferous vegetables, healthy fats, high-quality proteins and fermented foods, as well as vaginal probiotics taken in capsule form.

"Many vaginal hygiene products can disrupt the microbiome. Because the pelvic floor has so much vascularity [blood vessels], those tissues absorb chemicals very easily. That exposure can affect the glands and tissues that help keep the vaginal environment healthy," Cabeca cautions. She recommends choosing organic menstrual products over conventional tampons and menstrual pads; avoiding heavily fragranced cosmetics; and using gentle cleansers such as olive oil–based soaps.

Knowing Our Bodies

Body awareness is a powerful tool for prevention and early intervention. "One of the most important things I tell patients is: Get a mirror and look down there," Cabeca says. "You need to know your normal anatomy—what it looks like and what it feels like." Understanding what is typical for our bodies can make it easier to recognize changes.

Hannah Tytus is an integrative health coach, former writer at the National Institutes of Health and host of the Root Shock podcast, exploring the cultural underpinnings of health.

thrive!
Wellness Center

Personalized Nutrition Programs using whole-food supplements, herbs and dietary change to help you get your vibrant health back.

We Help With:
Anxiety • Allergies • Fatigue • Digestion • Fertility
Weight-loss • Hormones • Immune Issues
Thyroid • Headaches • Cholesterol • & Much More!

Mention this ad to receive **$50 OFF** your new patient evaluation!

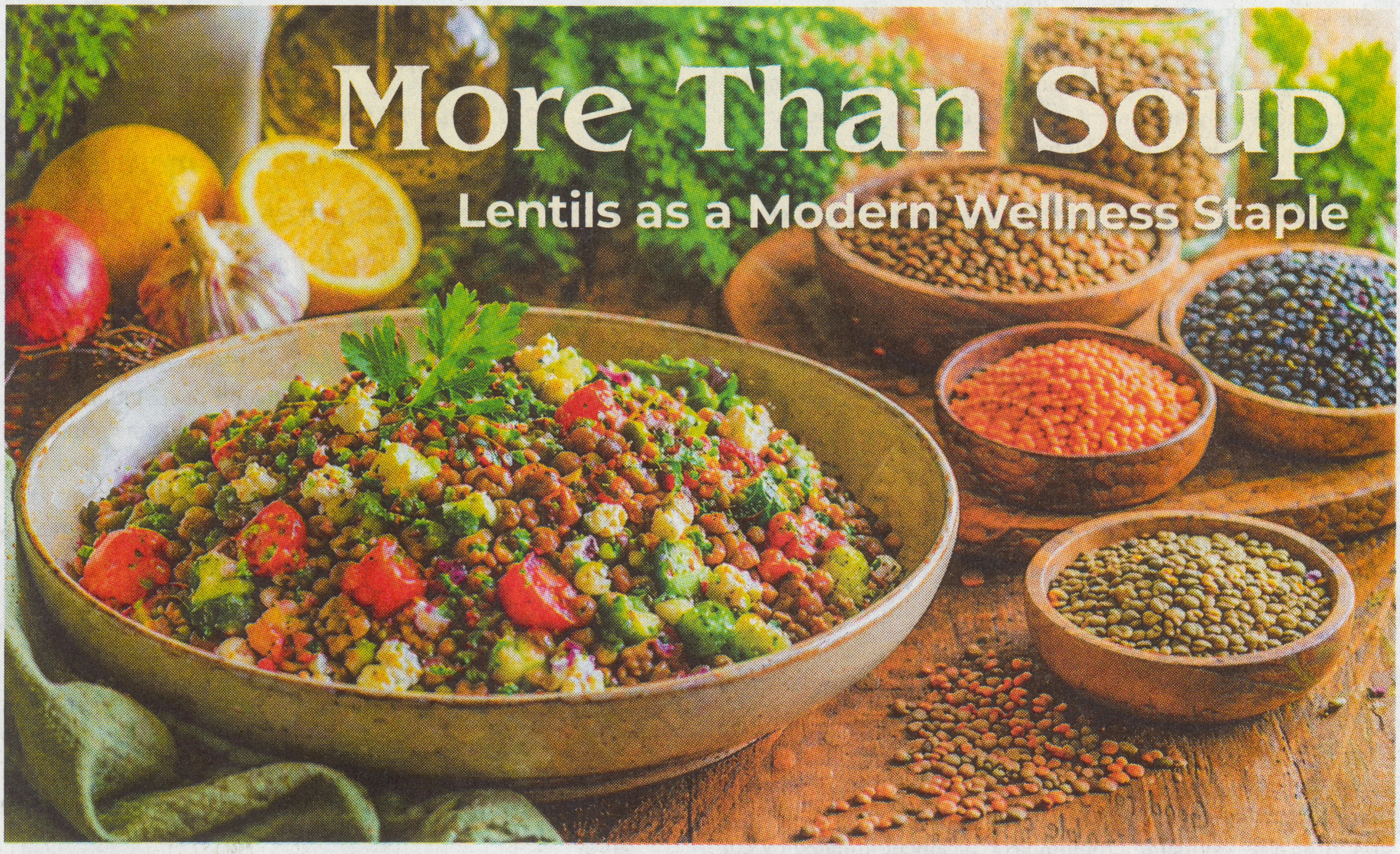
Follow us at facebook.com/Thrive.WellnessCenterSaline or Instagram.com/Thrive.Wellnesscenter for free health tips, sales and recipes.

We're Thriving! Are You? Call us or stop by today!

734.470.6766 | 148 S. Industrial Dr | **Saline Thrive-Wellness-Center.com**

More Than Soup

Lentils as a Modern Wellness Staple



by Maya Whitman

Humans have consumed lentils since the Bronze Age, and cultures worldwide, from the Middle East to the Mediterranean, have long valued them. These nutritious legumes gained popularity as a meat substitute in the United States during World War II and remain a cost-effective ingredient in modern kitchens, with the added benefit of being an eco-friendly, sustainable crop.

"Lentils require less water than many other protein sources, and they enrich the soil in which they're grown," says Cynthia Sass, a registered dietitian nutritionist and plant-based recipe developer in Los Angeles.

These small seeds from a legume plant are mild, easy to cook and offer endless possibilities for hearty soups, salads, plant-based "meatloaf", veggie burgers, dips, stuffings and even sweet desserts. Lentils absorb any flavors added to them, effortlessly highlighting exotic spices and fresh herbs, and can serve as a surprising flour replacement in delicious baked goods.

"When people discover lentils beyond soup, they often realize just how versatile and satisfying this tiny powerhouse can be. They are one of the most versatile foods in the plant-based kitchen," says Tracy Gunter, a health strategist and owner of Original Origins Health & Wellness, in Columbia, South Carolina.

Vital Properties

According to the Cleveland Clinic, regular lentil consumption leads to healthier blood pressure levels than eating garbanzos (chickpeas), beans or peas. Their fiber content enhances good gut bacteria and sustains energy throughout the day. Lentils do not cause extreme glucose spikes, making them an excellent addition to a diabetes-management diet and helpful for reducing excessive systemic inflammation. Rich in selenium and zinc, they boost immune response and contain cardiovascular-supportive minerals like potassium. Lentils also provide iron and offer 25 grams of protein per three-and-a-half ounces. Their high polyphenols content also lowers the risk of cancer, cognitive decline and obesity.

Sass notes, "Lentils make a terrific post-exercise recovery food and can help athletes and active people replenish nutrients they've depleted during exercise and heal from the stress a workout puts on muscles and joints."

Gunter loves lentils for their high nutrition and plant-forward flexibility. "They can easily replace meat in many dishes

because of their hearty texture and protein content," she explains. "They can be seasoned and used as a filling for stuffed peppers, layered into vegetable shepherd's pie or incorporated into tacos and wraps."

Varieties and Inspirations

Lentils vary in color and texture, each type cooking differently. Brown lentils are perfect for plant-based "meatloaf", "meatballs", vegetarian chili and sloppy joes. Red lentils cook quickly for creamy Italian, Moroccan or Indian-inspired soups, hearty hummus-like dips and curries. Tiny black lentils (Beluga) and French lentils (Puy) add a firm, nutty texture to food bowls and salads and pair well with roasted Yukon gold or sweet potatoes.

Lentils work well in combination with soft-to-medium-grade tofu for comfort food classics like stuffed shells or manicotti. Additionally, lentil-based desserts such as brownies are decadently moist, and lentil puddings are delightful when made with the addition of dried fruits like Medjool dates.

"Lentils can be incorporated into nearly every type of cuisine and can be included whole or pureed," says Sass. "Cooked lentils can be tossed with pre-made balsamic vinaigrette, olive tapenade, herbed tahini or vegan pesto and served over a bed of greens along with other raw or cooked veggies." Although they cook within 10 to 40 minutes, depending on the variety, she suggests buying pre-cooked, steamed lentils in the produce section of many markets as a practical option. Canned organic lentils are another solid alternative.

"One of my favorite ways to prepare lentils is simply simmered with garlic, onion, fresh herbs and a splash of lemon," says Gunter. "Sometimes the simplest preparations allow their natural flavor and earthy richness to shine." She also praises the combination of lentils with spices like cumin, turmeric, coriander, smoked paprika and curry, as well as herbs like parsley, cilantro, thyme and rosemary, which aid digestion.

Helpful Tips

Soak lentils for a few hours to enhance digestibility. For perfectly tender lentils, add salt only after cooking. Cook a pot of lentils and store it in the fridge for use throughout the workweek. Freeze any unused, cooled portions for three to six months in airtight containers.

Maya Whitman is a frequent writer for Natural Awakenings.

MEDITERRANEAN LENTIL POWER SALAD

YIELD: 4 SERVINGS

1 cup green or black lentils
3 cups water
1 cup cucumber, diced
1 cup cherry tomatoes, halved
¼ cup red onion, finely diced
¼ cup fresh parsley, chopped
2 Tbsp fresh lemon juice
2 Tbsp extra virgin olive oil
½ tsp sea salt
¼ tsp black pepper

Rinse lentils and place in a pot with water. Bring to a boil, then reduce heat and simmer about 20 to 25 minutes until tender but still holding their shape.

Drain and allow lentils to cool slightly.

In a bowl, combine the cooled lentils with the cucumber, tomatoes, onion and parsley. Drizzle with lemon juice and olive oil and season with salt and pepper, then toss gently.

This salad is best served at room temperature or chilled. It keeps well for several days and becomes even more flavorful as it marinates.

Recipe and photo courtesy of Tracy Gunter

CREAMY RED LENTIL GARLIC DIP

YIELD: 4 TO 6 SERVINGS

1 cup red lentils
2 cups water
2 garlic cloves
2 Tbsp tahini
2 Tbsp lemon juice
1 Tbsp olive oil
½ tsp cumin
½ tsp sea salt
Pinch of smoked paprika or turmeric, optional

Rinse lentils and add to a saucepan with water and garlic.

Bring to a boil, then simmer about 12 to 15 minutes, until lentils are soft.

Allow to cool slightly, then transfer the lentils and garlic to a blender or food processor. Add the tahini, lemon juice, olive oil, cumin and salt. Blend until smooth and creamy.

Drizzle with olive oil and sprinkle paprika or turmeric on top, if desired. Serve with sliced vegetables, cucumber rounds or warm pita bread.

Recipe and photo courtesy of Tracy Gunter.

SUPER GREENS AND BEANS DETOX SALAD

YIELD: 2 SERVINGS

½ cup dry brown or green lentils, rinsed

½ cup dry bulgur, rinsed

2 cups kale, destemmed and thinly sliced

1 cup radicchio, thinly sliced (approximately 1 small head or ½ medium head)

2 cups arugula, thinly sliced

2-2⅓ cups radishes, thinly sliced

3 cups unwaxed cucumbers, thinly sliced

2 cups red onion, diced

¼ cup raw walnuts or raw pistachios

Salt and pepper to taste

FOR CREAMY GINGER DRESSING

½ cup plain, unsweetened plant-based yogurt

1 Tbsp tahini

2 Tbsp unsweetened rice vinegar

1 Tbsp lime juice

2 tsp coconut aminos or reduced-sodium tamari

1 Tbsp maple syrup

2 tsp Dijon mustard

1 Tbsp minced ginger

In a medium pot over high heat, bring the lentils, bulgur and 2⅓ cups water to a boil.

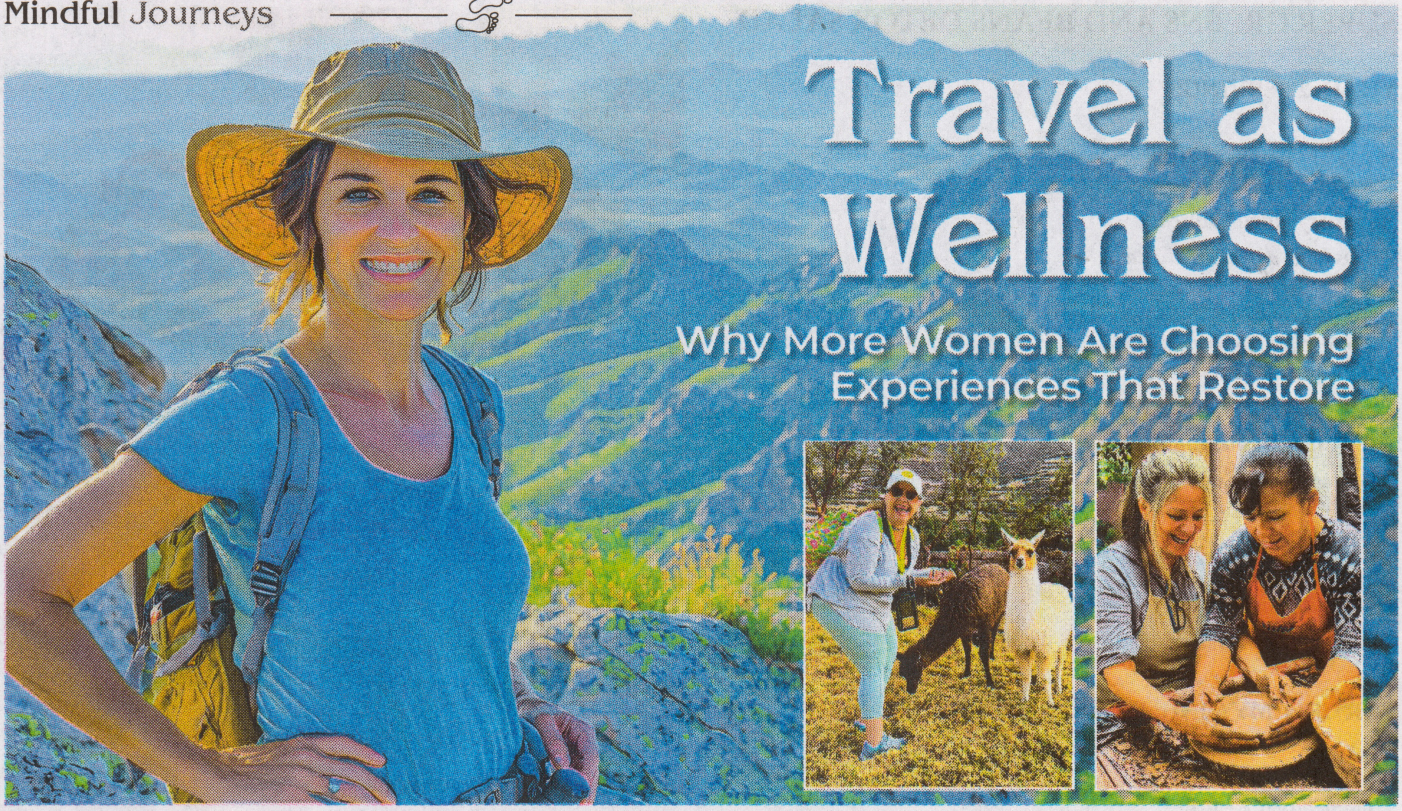
Reduce the heat to low, cover and simmer for 25 minutes.

To make the creamy ginger dressing, place all the dressing ingredients in a blender along with 2 tablespoons of water and blend until smooth. Set aside.

In a large bowl, combine the kale, radicchio, arugula, radishes, cucumbers and onion with the cooked bulgur and lentils. Drain any excess water from the cooked bulgur and lentils before adding.

Divide the salad between two bowls for a main meal or between four bowls if served as a side. Add the dressing, walnuts, and salt and pepper to taste, and toss well

Recipe from the cookbook Powered by Plants: Nutrient-Loaded 30-Minute Meals to Help You Thrive *by Food Revolution Network CEO Ocean Robbins and Nichole Dandrea-Russert, MS, RD, published by Hay House.*



Travel as Wellness

Why More Women Are Choosing Experiences That Restore

For many women, "vacation" doesn't always feel like rest—it feels like responsibility in a different location.

They're often the ones planning the trip, booking the flights, packing the bags, organizing the schedules and making sure everyone else is enjoying themselves. The intention is to relax, but the reality is a continued mental load—just with a better view. It's no surprise that so many women return home feeling just as tired, if not more so, than when they left.

And beneath that, there's often another layer: guilt.

There's the quiet questioning of whether one should *really be taking this time for oneself*—the pull to include everyone, to make it about the family or to put it off altogether. Many women don't just feel guilty—they delay, justify or talk themselves out of the very thing they need.

This isn't just a shared experience—it's backed by research. A 2023 report from American Psychological Association shows women consistently report higher stress levels and are more likely to carry the mental load of planning and caregiving—even during time off. Data highlighted by Skift also points to women overwhelmingly taking on the role of trip planner, often prioritizing everyone else's experience before their own.

It's exactly why a different kind of travel is beginning to resonate.

More women are choosing experiences that are intentionally designed for restoration—not traditional vacations, but journeys that allow them to fully step out of their roles. The distinction is simple, but powerful: a vacation often relocates responsibility, while a mindful journey releases it.

In these settings, the logistics are handled. The pace slows. There's space to wake up without urgency, to move the body in a way that feels supportive, and to exist without a constant checklist. There is no one to manage, no expectations to meet—just room to reconnect.

And something else begins to shift.

The guilt that once felt automatic starts to soften as what becomes clear is that taking time away isn't selfish—it's supportive. Women return not just feeling rested, but thinking differently. Boundaries become clearer. Energy is restored. There's more presence, more patience, and often, a stronger sense of self.

There's also a unique kind of connection that happens when women share these experiences together. Without the usual roles and responsibilities, conversations deepen and a different level of understanding emerges—one that often carries far beyond the trip itself.

What's unfolding is a more honest version of self-care—not something squeezed into the margins of a busy life and not something reserved for burnout, but something chosen, proactively, as a way to stay well, think clearly and move through life with intention.

When a woman is truly restored, she doesn't just feel better—she shows up to her life differently.

Shae Marcus is a mother of two teenagers, often navigating life with four dogs and a healthy dose of chaos. She is the founder of The 11:11 Experience, curating intentional travel designed for restoration and connection. Learn more at www.The1111Experience.com.

FRIDAY, MAY 1

M.E. Time Mother's Day Special – Thru May 31. For the women who gives so much, give them time to restore. Create her perfect experience. $160 ($235 value). Miraculous Energies, 2896 N Williamston Rd, Ste 400, Williamston. For appt: 517-599-4949. MiraculousEnergies.com.

Williamstown Township Fine Art Tour – May 1-2. 5-9pm, Fri; 10am-5pm, Sat. Includes 24 artists displaying art forms such as textiles, ceramics, sculpture, paintings and more. The self-guided tour starts at Williamstown Twp Hall and travels through rural areas stopping at 5 more artist studios or venues. $5/person, covers both. All proceeds benefit the Township playgrounds. Williamstown Township, 4990 Zimmer Rd, Williamston. 517-655-3193. WilliamstownMI.gov/events.

Sip, Listen, Design: A Tea Ritual with Oracle Card Making and Sound – 6:30-8:30pm. Enjoy a gentle, guided ritual that combines tea, writing, sound and intuition. Choose from various types of teas and make an oracle deck that requires no art experience, just writing and stamps. $40-$60. Enlightened Soul Center, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

SATURDAY, MAY 2

Spring Ephemerals Walk – 11am. Carolyn Miller, Arboretum and Invasive Species Coordinator for Beal Botanical Garden, will lead the tour to see spring wildflowers and other early emerging plants. Free. Baker Woodlot, park in Lewis Arboretum lot 101, 587 Service Rd, East Lansing. WildOnesLansing.weebly.com.

SUNDAY, MAY 3

Natural Dye Workshop – 1-4pm. Create a beautiful bundle dyed textile. The perfect gift to give to yourself or to someone you love. Sliding scale: $35-$65. Portage River Bakehouse, 9800 Toma Rd, Pinckney. 734-272-8615. Registration required: TheNaturalDyeCompany.square.site.

MONDAY, MAY 4

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, MAY 6

Community Table: Mother's Day Bon Bons – 6pm. Celebrate Mother's Day with Barbara Wilson of Mindo Chocolate Makers. Participants will create a box of handcrafted Strawberry bon bons. $16. Washtenaw Food Hub, 4175 Whitmore Lake Rd, Ann Arbor. Tinyurl.com/rh3uzfs9.

FRIDAY, MAY 8

Restorative Yoga with Reflexology Workshop: Overwhelm & Burnout – 7-8:30pm. Enjoy this gentle, calming yoga practice paired with the healing and regenerative benefits of reflexology. This deeply nurturing and informative workshop teaches rotating quarterly themes for self-application, as well as a mini-reflexology session from the instructor at the end. All levels. $30-$35. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. DexterSchools.ce.eleyo.com.

Yoga Nidra for Mindful Wellbeing: The Healing Power of Rest – 7-8:30pm. With Rebecca Murawski. Offers a gentle space to pause, reset and reconnect with a deeper sense of balance. $40. Detroit Yoga Lab, 69 W Forest Ave, Detroit. 313-831-9642. DetroitYogaLab.com.

The RFD Boys – 8pm. Legends of Michigan bluegrass. $16. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

UPSCALE THRIFT
CASS & CO.
GIFT SHOPPE

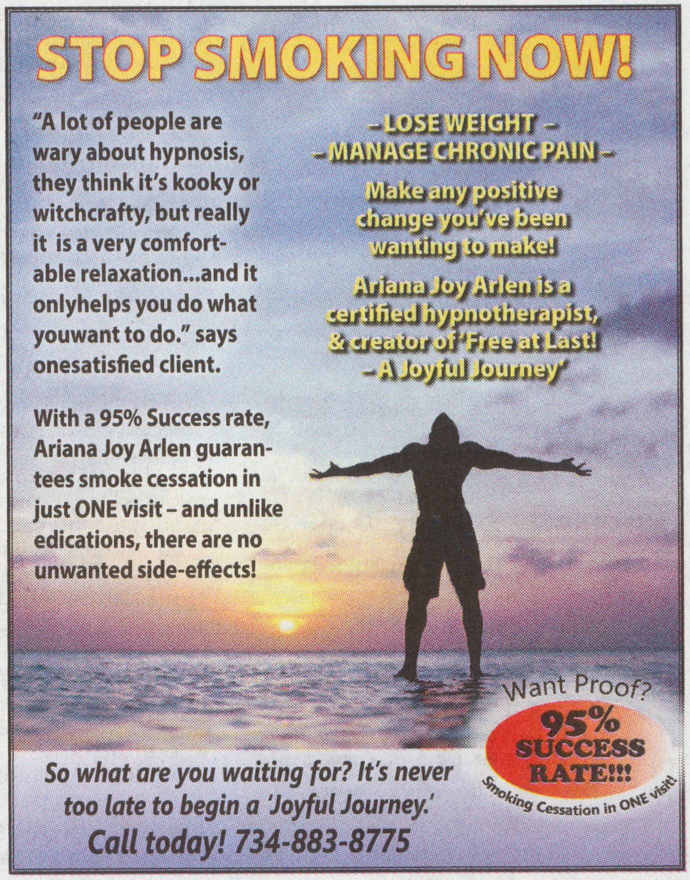
Where style meets sustainability. There's something for everyone inside! We offer a variety of high quality items at an affordable price. Everything from clothes, purses, shoes, decor, handmade items, jewerly and much more for the whole family. Its not just about shopping, but shopping with intention.

REUSE ~ REPURPOSE ~ RELOVE

Mention this ad to get a discount of 20% off entire purchase.

7980 Ann Arbor St, Dexter

Follow us on social media to stay up to date with our sales, specials & events @cassandcothrift for instragram/facebook/tiktok



MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY

A Scenic and Tranquil Meeting Place...

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups, and family gatherings. Main room accommodates 100 pre-Covid, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. **Book your next gathering at https://MFCenter.org/rent**

"We need to preserve a few places, a few samples of primeval country so that when the pace gets too fast we can look at it, think about it, contemplate it, and somehow restore equanimity to our souls."
– Sigurd Olson

7748 Clark Lake Road, Chelsea, MI 48118
(734) 475-1892
https://MFCenter.org/rent

If You Are Reading This, So Are Your Potential Customers.

Contact us today to start attracting more business.

TEXT:
734-757-7929

natural awakenings

Calendar of Events

SATURDAY, MAY 9

Spring Plant Sale and Makers Market – 9am-1pm. Features a curated selection of garden seedlings, plants and supplies alongside artisan products from regional makers. Green Things Farm Collective, 3825 Nixon Rd, Ann Arbor. 734-772-1418. GreenThingsFarm.com.

Mother Earth Shamanic Sound Journey with Cacao – 2-4pm. Experience a sound bath as you receive the healing and/or guidance you need through a guided journey assisted by optional cacao. $40-$60. Verapose Yoga & Meditation House, 3173 Baker Rd, Dexter. 734-474-7361. MaryLedvina.com.

Your Skin is Talking: Face Mapping & The Hidden Signals of Skin Health – 3:30pm. Dr. Corey explains how to better understand the signals your skin may be sending and how to support overall skin vitality from the inside out. Free, lunch provided. Better Health Market, Better Health Market, 3500 Washtenaw, Ann Arbor. RSVP: 734-975-6613. BetterHealthMarket.com.

SUNDAY, MAY 10

Mother's Day Wildflower Hike – 10:30am-12pm & 12:30-2pm. Enjoy a family-friendly nature experience featuring hands-on welcome activities, a guided wildflower hike and a relaxed outdoor picnic with a special box turtle talk. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

WEDNESDAY, MAY 13

Community Table: The Magic of Beeswax & Rolled Candles – 6pm. Join Malinda Barr of Beeswax Barrn for a hands-on workshop exploring the many benefits of beeswax. Take home a rolled candle. $10. Washtenaw Food Hub, 4175 Whitmore Lake Rd, Ann Arbor. Tinyurl.com/ywuzmy3c.

SUNDAY, MAY 17

Spring Fling – 10am-4pm. Family-friendly celebration of spring will be full of community, agriculture education and local flavor. Enjoy live acoustic music from talented local musicians, browse artisan products, and savor delicious local food. Free admission. Washtenaw Food Hub, 4175 Whitmore Lake Rd, Ann Arbor. Tinyurl.com/9u7a86aj.

Pet Loss Support Group – 1-2:30pm. With Colleen O'Brien. Features guided discussions, remembrance rituals and opportunities for reflection and connection. In-person or Zoom. Free; donations appreciated. HSHV's Conference Room, 3100 Cherry Hill Rd, Ann Arbor. 734-661-3575. hshv.org/petloss.

Ann Arbor Orchid Society: Pleurothallids – 2-4pm. Lynn O'Shaughnessy will give a presentation on Pleurothallids, known as the "weeds of the orchid world." The program also includes a silent auction, an orchid raffle table, members' show-and-tell, and a brief business meeting. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, MAY 20

Community Table: Backyard Chickens – 6pm. Liz Barney will share stories from her childhood raising chickens and how she reintroduced them into her life while living in downtown Ann Arbor. Free. Washtenaw Food Hub, 4175 Whitmore Lake Rd, Ann Arbor. Tinyurl.com/v6ueurwk.

MARK YOUR CALENDAR

SATURDAY, JUNE 13

Day of Analytical Meditation – 10am-5pm. With Demo Rinpoche. Learn what meditation means in daily practice. Also includes yoga, music and prayers. All welcome. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Open Stage Showcase – 8pm. With Bob Hoot and Peter Bedford. Check out the Cream of the Open Stage Crop. $13.50, $5/students, Ark members. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

TUESDAY, MAY 26

Artist Spotlight: Ike Dweck – 8pm. New songwriting out of Brooklyn. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, MAY 29

Fireside Fun – 6:30-8:30pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

PLAN AHEAD

SATURDAY, JUNE 13

Day of Analytical Meditation – 10am-5pm. With Demo Rinpoche. Learn what meditation means in daily practice. Also includes yoga, music and prayers. All welcome. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

DAILY

Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

White Tara Guided Healing Meditation – 10:30-11:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Guided Group Breathwork – 6-7:30pm. 4th Sun. See description above. Dzanc House, 402 S Huron St, Ypsilanti. Registration required: ThisBreath.com.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditation AnnArbor.org.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Hatha-Flow Yoga for Wellness – 7:30-8:30pm. Beginner/Level 1; Intermediate/Level 2. Moderately challenging yoga practice. Suitable for those with a moderate fitness level, some yoga experience helpful but not necessary. In-person or online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/3fw4ezrm.

WEDNESDAYS

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew.Umich.edu.

THURSDAYS

Farm Stand – 9am-4pm. Thurs & Fri. Offering self-serve. Green Things Farm Collective, 3825 Nixon Rd, Ann Arbor. 734-772-1418. GreenThingsFarm.com.

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. Naturopathic SchoolOfAnnArbor.net.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Gentle Restorative Yoga for Stress & Anxiety Relief – 7:30-8:30pm. Beginner/Level 1. Create harmony and balance of body and mind through physical postures, breathing techniques and an extended guided relaxation at the end of class. In-person & online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/4u9e-7jsm.

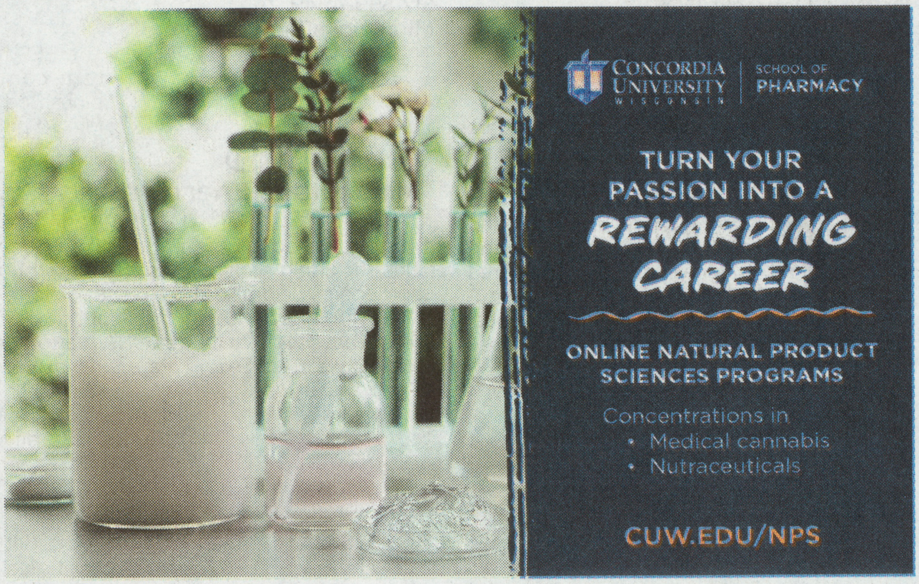
FRIDAYS

Monthly Women's Circle – 6:30-8pm. 2nd Fri. A safe and supportive circle to come together to build skills, process emotions, connect with others and foster sisterhood. The circle offers guidance, laughter, sharing, growth and strength in community. $25. Alchemy Holistic Collective, 105 E Middle St, Chelsea. 734-210-1922. Alchemy HolisticCollective.com.

SATURDAYS

Saline Outdoor Farmers Market – Thru Nov 8. 8am-12pm. 100 S Ann Arbor St, Parking Lot 4, Saline. SalineMI.gov.

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.



Acupuncture & Herbal Medicine

PRESCRIPTION EARTH
Melissa Anderson L.Ac
517-618-1772
PrescriptionEarth.com

Melissa provides a wide selection of services including acupuncture, acutonics, gua sha and fire cupping. She has treated thousands of patients with medical conditions including (but not limited to) digestive disorders, pain, anxiety, depression, PTSD, women's health & fertility, and auto-immune diseases. *See ad, page 18.*

Aromatherapy

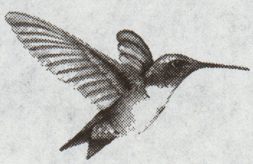
ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

Biological Dentist

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*



Coaching

BECKY BORTAK, MA, ACA
Coaching@BeckyBortak.com
248-931-0944
BeckyBortak.com

I believe everyone can create a fulfilling and meaningful life, and I can help you achieve that. I offer one-on-one coaching. My areas of expertise include career coaching and confidence-building.

Education

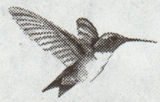
CONCORDIA UNIVERSITY WISCONSIN
School of Pharmacy
CUW.edu/NPS

Take the next step toward a career that makes a difference! Discover Your Future in Natural Product Sciences with our flexible graduate programs. Choose from a 30-credit online Master's degree or a 12-credit graduate certificate, both designed to fit your life and goals. Specialize in medical cannabis or nutraceuticals, and prepare for exciting roles in healthcare, pharmacy, research and development, manufacturing, business and beyond. *See ad page 29.*

Energy Enhancement & Wellness

MIRACULOUS ENERGIES
(A Private Membership Association)
MiraculousEnergiesAssociation@gmail.com
517-599-4949
MiraculousEnergies.com

The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. *See ad page 5.*



Health Food Store

BETTER HEALTH MARKET & CAFE
3500 Washtenaw Ave, Ann Arbor
734-975-6613
BetterHealthMarket.com

Michigan's #1 source for organic foods, vitamins and more. Better nutrition at better prices, all backed by better advice from our nutrition experts. You will find; organic produce, all the top-quality vitamins and supplement brands, sports nutrition and proteins, delicious prepared foods, desserts, an organic salads, soup and hot bar, natural bath, body and aromatherapy products, green home products. Get rewards through our APP. *See ad page 23.*

Holistic Doctor

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads pages 10 and 18.*

Homeopathic Pharmacy

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nuitional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 25.*

Integrative & Functional Medicine

BEP MEDICAL GROUP
3045 Baker Rd., Ste. I & K
734-215-5768
BEPMedicalGroup.com

Led by Dr. Marcie Bockbader, MD, PhD, FAAPM&R, FASAM, our multidisciplinary holistic treatment team uses state-of-the-art technology and treatment modalities to treat the entire person: body, mind, spirit, and lifestyle. We firmly believe that addressing health issues requires more than a "one size fits all" approach. Our enhanced TMS (enTMS) and Wellness treatment plans are tailored to each patient to enhance outcomes and provide optimized results. *See ad page 13.*

Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES
WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com

Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. *See ad page 9.*

Mold Testing & Remediation

MOLDPRO
John Du Bois, CMI, CMR, CCMI
247 W. Main Street, Milan
734-439-8800 • MoldProllc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural First Aid

DOCTOR RADOW'S POVIDONE-IODINE OINTMENT
DoctorRadows@gmail.com
386-414-1809
DoctorRadows.com

This hospital-grade ointment provides fast, effective healing for cuts, scrapes and wounds—without antibiotics, sting or scarring. Used by medical professionals, it's now available for home use without a prescription to support clean, confident, everyday care. *See ad page 11.*

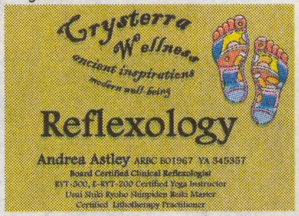
Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 28.*

Reflexology & Reiki

CRYSTERRA WELLNESS
Andrea Astley ARCB BO1967 YA 345357
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Suffering from the effects of Stress, Fatigue, Hormonal Issues, Burn-out, Inflammation, Chemotherapy, Insomnia, Depression, Chronic Pain and/or Digestive issues? REFLEXOLOGY CAN HELP! Reflexology can assist in addressing many physical and emotional health concerns. Experience the difference a highly skilled, Board Certified Clinical Reflexologist can make as part of your Wellness Team!

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 27.*

Weight Loss

FREE AT LAST! HYPNOSIS
CENTER - A JOYFUL JOURNEY
734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 27.*

Wellness Center

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

At Thrive! Wellness Center Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 21.*

WHOLE BODY WELLNESS
Be seen by engaged, health-conscious readers in your community.
Get your business listed in this Directory.
Only $99/month
Text (734) 757-7929

Verjú®
By Erchonia®

Verju® Laser Body Contouring & Cellulite Treatment

Available Now at Wycoff Wellness!

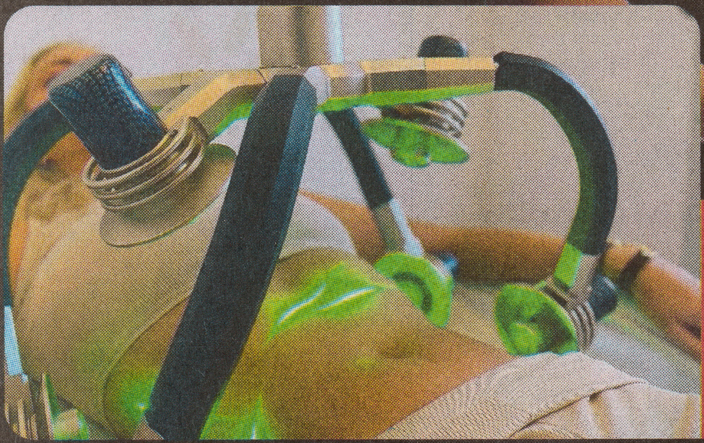
ZERO PAIN | **ZERO** SURGERY | **ZERO** DOWNTIME

Clinically Proven and FDA Approved

50% OFF

8 sessions for $650*

* Limited time offer for initial sessions scheduled in May 2026.



Minimum 4 Inches Lost in 3-4 Weeks!

GUARANTEED

Call Today and Schedule Your Appointment!

OFFICE HOURS:
Monday-Thursday:
8 AM to 5 PM

Take a Virtual Tour of Our Office!

517.333.7270
800.471.0255

WYCOFF WELLNESS

1226 Michigan Avenue
East Lansing | Michigan
www.wycoffwellness.com

GLP-1 Weight Loss • Nutrition • Supplements • IV Therapy • Ozone Therapy • Colon Hydrotherapy • Functional Medicine